

# Otago Mental Health Support Trust



Bipolar Network & Signpost

2nd floor, Security Building,  
115 lower Stuart St Dunedin  
Phone (03) 4772598  
Box 5021 Dunedin  
EMAIL [otagomd@es.co.nz](mailto:otagomd@es.co.nz)

October/November  
2005

Newsletter Date:  
1 October 2005

## Inside this issue:

## AWARENESS WEEK:

10th - 16th OCTOBER 2005

Theme: **FOOD & MOOD**

**SPECIAL HEALTHY LIFESTYLE** Shared lunch Tuesday 11th October 2005.  
(No KFC this month).

**SOURCE CENTRE** revamp for Signpost. Open Day Thursday  
October 2005, 10am—2pm.

Report <sup>2</sup>  
from the  
office

Signpost  
Symptoms  
of  
Hypomania

Food  
facts

10  
Commandments for  
reducing  
stress

More food  
facts

Social  
Diary

**Office Hours: Monday to Friday  
10 am –2pm.**

(Calls can sometimes be answered outside these hours.)

: Don: Monday to Friday  
Mike: Tuesday to Friday  
Denise: Monday to Thursday  
Hazel : Tuesday  
Greg : Wednesday  
Kate : Tuesday  
Jan: Tuesday & Friday  
Helen : Monday– Friday

## TRUSTEES:

OUR BOARD HAS SOME VACANCIES,  
IDEALLY LOOKING FOR PEOPLE WITH  
EXPERIENCE OF MENTAL ILLNESS OR  
EXPERIENCE IN THE FIELD. SOME  
SKILLS IN GOVERNANCE WOULD BE  
VERY USEFUL.  
MONTHLY METINGS, TUESDAY 12-1.30  
PM.  
THIS IS A VOLUNTEER POSITION

# REPORT FROM THE OFFICE

## **EDUCATION EVENING.**

Because the medication component of our education group is so popular we have decided to try some sessions dedicated to this topic. The evening will start at 6.30pm and run till 9.30pm.

We will access the services of a pharmacist and a psychiatrist. The first session will be held on Wednesday 23rd November 2005. To register please ring the office. For further detail please contact DON.

## **RETREAT.**

A retreat will be held in late November/early December. The venue is yet to be decided. It will be given to first timers but even if you have been before you are welcome to put your name forward.

Contact DON if you have any inquiries.

## **THEMES CONFERENCE.**

I wish to thank the Trust for the opportunity to attend the THEMES (the Mental Health Services of NZ and Australia) conference in Adelaide Australia. I attended 8 sessions. The daily keynote speakers were outstanding. Ron Coleman was brilliant. I also attended sessions on: consumer involvement in recovery, legal rights and human rights issues for people in detention and preventing relapse. DON.

## **MEN'S GROUP.**

I have recently read a book entitled "I DON'T WANT TO TALK ABOUT IT." by Terrence Real. The book deals with what Real terms covert depression. A sort of state of mind that men (who have experienced abuse of one type or another in their formative years) reach through cultural education that Western men should be tough, strong, independent and keep their emotions to themselves. If anyone is interested we can form a group to explore this theory and how it applies to each of us. DON.

## **BEQUEST - JULIA'S ESTATE.**

The Trust have received a bequest and although they have ideas on how this money could be spent it is open to suggestions from members. If you have any appropriate suggestions please contact our office weekdays between 10am—2pm or write to us at P O Box 5021, Dunedin. Some suggestions already include: Books for the Julia Christie Memorial Library (suggested titles are welcome), framing some art work, buying a digital camera. HELEN.

## **LIBRARY BOOKS.**

Please check your bookshelves, coffee tables or wherever and if you find any of our library books you have finished with we would be grateful if you could return them. Some have been issued for more than a year!!! Would people please return these so other members can use them. Thanks :-)

HELEN & JAN.

## **WOMEN'S GROUP.**

Women's group had a buy/sell/exchange day for second hand clothing. This proved very popular and another will take place in the future.

HELEN.

## **WRAP**

### **(Wellness Recovery Action Plan).**

Mike and Denise will be running a 4 week course during the daytime, possibly Tuesdays 2.00pm - 3.30pm. Please call the office and leave your name if you are interested.

DENISE.

## **LIFE SKILLS FOR PREGNANT TEENAGERS.**

Salvation Army, South Dunedin. Starting October 10th 2005. Mon—Fri, 9am-12noon. Employment Plus, Community Funding Centre.

DENISE.



Thanks to all those who have helped with the moving of our library resources. Thanks also to the Women's Group who spent a day looking through most of our books and organising them into categories. Most of them are now out on the shelves and easy to find. The videos are now also out on the shelves and the video player is nearby. Please come in and use these resources.

My pick of the new books we have bought lately is "Models of Madness" written by three psychologists, from New Zealand, the UK and the USA. This is scary reading with some humour thrown in. The book critiques the 'medical model' of madness, documents the role of drug companies, and outlines the alternatives to drug-based solutions. Thanks to a donation from the Otepoti CAMH we also have some copies of the very popular "Living with It. A survivor's guide to panic attacks", and some new children's books "Tough Boris", "The Sneetches", and Taming the Taniwha".

The most popular website visited on our library computer has been Medsafe. This site lists all you would ever want to know about all the drugs which can be prescribed in New Zealand. Just type in the name of the medication you want to know about, and up it pops on the screen. Ask us for a demonstration. The computer gives quick and easy access to about a hundred of the mental health related websites which have been suggested to us over the years. I have recently added in the list of rental flats and houses on TradeMe.

### **Tramping**

About twelve people have shown interest in the tramp up the West Matukituki which is planned for early November. I was up there recently for a weekend to check out the track and hut and had a glorious weekend. There is a slideshow of pictures on the library computer.

### **Whare Tapa Wha?**

Due to a wee glitch, this piece was missed out of the last newsletter but I think it is worth including here. The Maori concept of the four dimensions of health has parallels in many other cultures. This version from India was taken from *Incite, the Mental Health Journal of New Zealand* which is available in our library:

There is an Indian belief that everyone is in a house of four rooms:  
A physical, a mental, an emotional and a spiritual.  
Most of us tend to live in one room most of the time,  
But unless we go into every room every day,  
Even if only to keep it aired,  
We are not complete.  
(R. Godden, House of Four Rooms)

**Mike McAlevey.**

### **FROM Hazel**

I have reduced my hours and am now at the office only on Tuesdays. Big change for me! Spent my first week sick in bed with the flu but am starting to unwind at last. Great to see everything going so smoothly at the Trust. You will notice I have cunningly kept it so I am here for the shared lunch day so hope to see people there. I am feeling vicariously proud of all the changes at the resource centre too, come and see.

*"One cannot think well, love well, sleep well if one has not dined well"* Virginia Woolf

# SYMPTOMS OF HYPOMANIA.

(Winter has gone and Spring has sprung. This time of the year we all feel an elevation in mood. This was taken from a brochure that is available at the Bipolar Rooms along with Symptoms of Depression and Mania. HELEN)

Elevated mood, sometimes accompanied by irritability.

Grandiose ideas and inflated self esteem.

Increased energy and activity.

Flight of ideas where thoughts race through the mind.

Rapid speech which may be difficult to follow.

Enhanced libido often leading to no inhibition and inappropriate sexual activity.

Impaired judgment and impulsive behaviour including gross overspending and poor decision making ability.

Decreased need for sleep.

Increased creativity.

Increased sociability.

Impaired concentration and attention.

## FOOD SURVEY

STAFF MEMBER

FAVOURITE FOOD

FAVOURITE FRUIT

FAVOURITE DRINK

**Don Hillier**

(Bipolar field worker,

Advocate)

Fresh fish, chips, mushy peas

Fresh apples, big black cherries

Guinness

**Hazel Heal**

(office manager)

Peanut butter on toast

bananas

Black tea

**Mike McAlevey**  
(Signpost, fieldworker)

Peanut butter & mayonnaise on toast

Fresh mango

Guinness

**Denise Kent**

(Bipolar fieldworker)

Pavlova

Kiwi fruit

Tea or Baileys

**Kate Lindsay**

(Bipolar fieldworker)

“ I just love food! (full stop!) ”

oranges

White wine

**Greg McLeod**

(Bipolar fieldworker)

Crumbed or steamed fish

oranges

# DID YOU KNOW?

SOURCE: [www.foodandmood.org](http://www.foodandmood.org)  
[www.lamasbeauty.com](http://www.lamasbeauty.com)

**Low fat diets** can make you depressed. Research has linked diets that drastically cut down on all types of fat with an increase in symptoms of depression.

**Turkey and chicken** contain a good source of mood enhancing tryptophan, an essential amino acid which is converted into serotonin which can be low in people suffering from depression. Turkey, chicken and bananas can produce a mellowing effect on anger.

**Regular tea and coffee drinkers** may be confusing the mental boost apparently provided by their favourite cuppa with the effects of avoiding the usual caffeine withdrawal symptoms. If you are dependent on coffee, try cutting down to one cup daily.

**Contrary to popular belief, tinned tuna** is not a good source of omega 3 essential fatty acids as the canning process reduces the tuna's fat content.

**Carbohydrate cravings** may be a subconscious attempt to raise serotonin levels. Serotonin is the neurotransmitter, or brain chemical, responsible for mood, sleep and appetite control. It is made from a protein fragment called tryptophan. This is absorbed more quickly into the brain after eating a carbohydrate meal.

**Vitamin B6, vitamin C, Folic Acid (Folate) and Zinc** are all essential good mood nutrients. They are needed to make the feel-good brain chemical serotonin from the tryptophan protein fragment that is found in foods such as meat, fish, beans and lentils.

**Caffeine** increases mental alertness and concentration and can improve performance. However, too much caffeine (and this will be a different amount for each person) has been found associated with: anxiety, cravings, depression, emotional instability, insomnia, mood swings, nervousness and premenstrual syndrome (PMS).

**You can avoid the high and lows of mood and energy** associated with fluctuating blood sugar levels by choosing foods that are digested slowly. These foods have a low Glycaemic Index and include wholegrain rye bread, oats and basmati rice. High GI foods, which are best avoided, include French baguettes, water melons and instant white rice.

**The romantic associations we have with chocolate** may be due to the effects on the brain of a naturally occurring substance called phenylethylamine (PEA). PEA can enhance endorphin levels, increase libido and act as a natural antidepressant. Sugar can also increase levels of the body's natural endorphins and chocolate bars often contain appreciable amounts of sugar. These mood-altering effects of chocolate may be why it is easy to become 'hooked on' chocolate.

**Depression:** Foods containing fatty acids, omega 3, like cold water tuna, salmon, herring and mackerel, are good for you. For vegetarians, flax, sunflower, and pumpkin seeds are good sources.

**Low sex drive:** Chocolate has often been found to jump start the libido because it contains theobromine, which includes feelings of euphoria and happiness. Brazil nuts are rich in selenium which helps sperm production in men. Long considered an aphrodisiac, oysters are rich in zinc, important for sexual function.

**Headaches:** Five daily glasses of pure water along with regular consumption of fibre-rich food will help flush headache-producing toxins from the body.

**Insomnia:** Magnesium, a muscle relaxer, can be found in green vegetables. Calcium is plentiful in milk and cheese.

**Learning problems:** Vitamin B foods help focus the mind. They include green vegetables, seafood, and whole grains. Don't forget foods rich in essential fats to nourish the brain, which is comprised of 60% fat. Also, cereal containing fibre found to assist learning skills in a recent university test.

## 10 COMMANDMENTS FOR REDUCING STRESS.

- Thou shalt not be perfect, or even try to be.
- Thou shalt not try to be all things to all people.
- Thou shalt leave things undone that ought to be done.
- Thou shalt not spread thyself too thin.
- Thou shalt learn to say "no".
- Thou shalt schedule time for thyself, and for thy supportive network.
- Thou shalt switch off and do nothing regularly.
- Thou shalt be boring, untidy, inelegant and unattractive at times.
- Thou shalt not even feel guilty.
- Especially thou shalt not be thine own worst enemy, but be thy best friend.

(Contributed by Jenny Chapman)

### IDEAS TO LOWER CAFFEINE INTAKE:

- Make weaker cups of coffee
- Drink decaffeinated coffee
- Add 1 teaspoon of coffee instead of 2
- Mix caffeinated and decaffeinated coffee grounds together
- Make every 2nd drink caffeine free
- Try some caffeine-free alternatives like fruit herbal teas, lemon, ginger, 1 teaspoon of Milo or just have hot water.
- Coca-cola, Mountain Dew and smart drinks (Red Bull, V, Ikon) contain caffeine

### WHAT CAN YOU DO INSTEAD OF EAT?

- Do a jigsaw puzzle
- Phone a friend
- Go fishing
- Do some stretching exercises
- Play a card game
- Go for a walk to a nearby park
- Join a walking group
- Invite friends over for a video and popcorn
- Read a book
- Go to the library
- Spend time with your pet
- Play a game with your children
- Spend time on a hobby
- Take up a new hobby.

(produced from **Why Weight? How to achieve and maintain a healthy body size** booklet available at the Otago Mental Health Support Trust rooms)

*" What is Love?  
God is Love.  
Love is God.  
Therefore Love is the  
Ultimate!"*

Anne Sinclair  
A

Anne Sinclair

### **Free Lunch?**

There's no such thing but  
for **\$3**

you can have a tasty  
nutritious midday meal.

Monday to Friday  
12 till 2pm

**Clubs and Societies  
Building  
Albany Street.**

(Monday to Thursday  
meals are supplied by Hare

## UPS AND DOWNS

There are moments of splendour in my world when things go well and I am encouraged.

There are also difficult moments when I feel overwhelmed and hopeless.

If I could bring yesterday back and relive joyous moments and erase the moments full of pain.

If tomorrow's sun would rise always in splendour, and never rise behind a mask of cloud as it often does.

If I could understand the tides of my affairs, then perhaps I could learn to cope when I cry and start to fall.

Why must life's tides change so rapidly and with such abruptness?

When will the floods and droughts be replaced by calm and tranquil seas?

**Written by Lynley Lemor (nee. Brash)**

*"I wrote this when about 15 years old and gave it to my best friend who sent it back to me once I had been diagnosed with bipolar disorder."*

### FROM FOOD TO MOOD

[www.positivehealth.com](http://www.positivehealth.com)

**In psychological illnesses, the foods most commonly found linked with symptoms are:**

**Neuro-psychological symptoms or illness which can be made worse or which can be caused by foods include:**



wheat	depression
Milk & milk products	Mood changes
yeast	Behavioural disorders
sugar	Anxiety and panic attacks
coffee	hyperactivity
chocolate	Poor memory, concentration
orange	Sleep disorders
egg	migraine
tomato	Poor co-ordination
corn	Numbness, tingling, restless legs
soya	fatigue
additives	Seasonal Affective Disorder (SAD), eating disorders

#### FOOD STRESSORS:

Sugar  
 caffeine  
 alcohol  
 chocolate  
 Wheat containing foods  
 additives  
 dairy  
 Saturated fats

#### FOOD SUPPORTERS:

water  
 vegetables  
 fruit  
 Oil rich fish  
 Nuts and seeds  
 Wholegrain food  
 fibre  
 protein  
 Organic food

SOURCE: [www.news.bbc.co.uk](http://www.news.bbc.co.uk)

# SOCIAL DIARY

October 2005

Women's Group (Day Group)  
*Wednesday **19th** October*  
meet at the rooms at 1.45pm

Women's Group (evening)  
*Wednesday **5th** October*  
Meet at the rooms  
7 pm

SPECIAL shared Lunch  
*Tuesday 11th October*  
*Healthy lifestyle for Mental*  
*Health Awareness Week.*  
12pm (no charge)  
Followed by a new release  
Video. Phone in please.

November 2005

Women's Group (Day Group)  
*Wednesday **16th** November*  
meet at the rooms at 1.45pm

Women's group (evening)  
*Wednesday **2nd** November*  
Meet at the rooms  
7pm

Takeaway Lunch  
*Tuesday 8th November*  
*Pizza \$3*  
12pm  
Followed by a new release  
Video. Phone in please.

## Social Recreation Group

Run by Greg Mcleod

Ph 4772598

Have fun wet or fine.

Social activities beneficial for body and mind: the first step to a healthy lifestyle.

Just bring yourself or a friend. Activities are group decisions.

Costs kept to little or nothing

Meet every Wednesday 1pm at the Trusts' office : 2nd floor, Security Building, 115  
Lower Stuart St.

Types of activities: Wet or fine days catered for

Table tennis, pool, art gallery, scenic walks at beach, bush, town etc; indoor cricket, cards, board games,  
Badminton, Unipol, local attractions, swimming, meals, frisbee- many more ideas.